



AthletiCamps Performance Camp Schedule

Day 1

- Morning – Performance testing and bike fitting at the AthletiCamps Training Center in Folsom, CA.
- Noon – Lunch – brought in
- 4:00 – Review of testing results, training discussion, question and answers
- 5:30 - Dinner

Day 2

- 8:30 AM – Group ride of 3+ hours in the Sierra foothills with a focus on using the data from the performance testing, on the bike coaching, training focus of **Medium Endurance**
- 1:00 – Lunch at the end of the ride
- 3:00 – Coaching presentation focused on testing results and training program development
- 5:30 – Leave for dinner and continued training discussions

Day 3

- 8:30 AM – Group ride of 3-4 hours in the Sierra foothills with a focus on using the data from the performance testing, on the bike coaching, training focus of **aerobic work/hill climbing/SFR**
- 1:00 – Lunch after ride
- 2:00 – Marlia and nutrition presentation at the hotel
- 5:30 – Leave for dinner and continued training discussions

Day 4

- 9:00 AM – Group ride of 2 hours in the Sierra foothills with a focus on using the data from the performance testing, on the bike coaching
- 12:00 – Check out

